



# "Fall" Into a Physical Activity Routine

## Fall is a great time to be active

Now that the hazy, hot and humid days are behind us, we can look forward to cooler, drier and crisp autumn weather!

Fall is a great time of year to get outside and **be active!** Most bugs and other pesky flying critters have disappeared, leaving the beauty of changing landscapes and falling colorful leaves.

This is also a great time to start an activity routine to help you get through the harsh snowy winter that is just around the corner.

## Fit activity in during the day

Consider taking a walk during your lunch break. A 30-minute walk will help you feel more energized and refreshed and is a great way to fit physical activity into your day. This is a great strategy for individuals with 'after-work' responsibilities that make being active in the evening a challenge.

Walk by yourself if you need some 'alone' time or with a co-worker and make it a social event!

## Walk safely at night or in the early morning hours

Sadly, our extended daylight hours are coming to an end. This is something to keep in mind if you fit a walk, bike ride or quick run into your day before or after work. Play it safe and remember to wear reflective vests or other reflective clothing, and consider carrying a small flashlight, installing a bicycle light, wearing a blinking safety light or walking with someone.

## Sneak activity into your day

If you find you do not have a 30 to 60 minute window of 'free' time that you can reserve for "active" time, consider 'sneaking' activity in smaller increments throughout the day.

- Take the stairs instead of the elevator.
- Park at the far end of the parking lot.
- Take two 10-minute walks during breaks.
- If you have children, walk them to school or the bus stop instead of driving them.

If you enjoy watching a favorite show in the evening, consider getting a used treadmill or other inexpensive exercise equipment and 'work up a sweat' as you watch TV! All it takes is a little 'creativity' and before you know it, you'll be more active!

## Stay hydrated and dress in layers!

People often forget to drink enough water when the weather gets cooler and less humid. Your body still needs to replenish all the fluid it loses while you are active. Even if you do not feel thirsty you should drink plain water to replace what you lost.

If you haven't been active outdoors in the cool weather you may be surprised how quickly your body heats up. To avoid overheating, dress in layers. This will help you stay comfortable because you can take off a layer or add a layer, depending upon your body temperature or the temperature outside.

